



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09374, Pears, canned, heavy syrup, drained

Report Date: June 30, 2017 20:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	80.35	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Energy	kcal	74	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Energy	kJ	309	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Protein	g	0.24	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Total lipid (fat)	g	0.18	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Ash	g	0.15	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Carbohydrate, by difference	g	19.08	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fiber, total dietary	g	2.7	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Sugars, total	g	16.42	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
<strong>Minerals</strong>													
Calcium, Ca	mg	6	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Iron, Fe	mg	0.22	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Magnesium, Mg	mg	4	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Phosphorus, P	mg	8	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Potassium, K	mg	66	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Sodium, Na	mg	5	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Copper, Cu	mg	0.061	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Selenium, Se	μg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	09252	02/2003
Fluoride, F <sup>1 2 3</sup>	μg	7.5	20	1.295	1.5	11	6.0	4.338	10.677	3	Analytical or derived from analytical	--	05/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Thiamin	mg	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Riboflavin	mg	0.024	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Niacin	mg	0.242	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Vitamin B-6	mg	0.014	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Folate, total	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	09257	02/2003
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Folate, food	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Folate, DFE	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Choline, total	mg	1.3	--	--	--	--	--	--	--	--	Calculated or imputed	09257	03/2007
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta <sup>4</sup>	µg	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09252	02/2003
Cryptoxanthin, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	09252	02/2003
Vitamin A, IU	IU	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09252	02/2003
Lutein + zeaxanthin	µg	50	--	--	--	--	--	--	--	--	Calculated or imputed	09252	02/2003
Vitamin E (alpha-tocopherol)	mg	0.12	--	--	--	--	--	--	--	--	Calculated or imputed	09252	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	09440	07/2006
<b>Lipids</b>													
Fatty acids, total saturated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
12:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
14:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fatty acids, total monounsaturated	g	0.037	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:1 undifferentiated	g	0.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fatty acids, total polyunsaturated	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:2 undifferentiated	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2007
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003

Sources of Data

<sup>1</sup>J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988

<sup>2</sup>Stephen Adair, Dennis Leverett, Carol Shields **Fluoride Content of School Lunches from Optimally Fluoridated and a Fluoride-Deficient Community**, 1991 Journal of Food Composition and Analysis 4 pp.216-226

<sup>3</sup>Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffusion

<sup>4</sup>F W Quackenbush **Reverse phase HPLC separation of cis- and trans-carotenoids and its application to beta-carotenes in food materials**, 1987 J Liq Chrom 10 pp.643-653